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CENTRAL RESEARCH INSTITUTE FOR HEALTH EDUCATION  
OF THE MINISTRY OF PUBLIC HEALTH OF THE USSR

HEALTH EDUCATION IN THE USSR

Moscow, 1959

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### HEALTH EDUCATION IN THE USSR

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Health Education

Health education is an integral part of the entire system of health protection in the USSR. It is widely used as an effective means for improving health habits of the population, an important pre-requisite for preserving and improving health of the people, and for increasing their working capacity and longevity. Health education in the USSR is also called upon to help health establishments to raise the efficiency of their medical and especially prophylactic activities.

The contents of health education in the USSR reflect the general problems of the state in the field of public health as well as the local problems stemming from the peculiarities of local pathology, sanitary-epidemiological, cultural, industrial and other local conditions.

During the Soviet years the general mortality rate has decreased four-fold. According to the preliminary results of the 1959 census the death rate in the USSR is now 7.5 per 1,000 of population, and the natural growth of population is 3.5 million a year. The life expectancy in the USSR has more than doubled compared to that in pre-revolutionary Russia, and reached 67 years in 1955-1956. Many epidemic diseases which in tsarist Russia took a high toll of human lives, have been

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-2-

eradicated in the USSR. On the whole, the country's sanitary culture has changed beyond recognition. All this is the result of the steady rise in the material welfare and cultural level of the people, free skilled medical services, the broad development of prophylaxis, sanitary improvements, healthier working and living conditions in the country. No small role is also played by health education of the public which has always devoted great attention to the dissemination of health knowledge and to the popularisation of preventive measures against infectious diseases. In the USSR, health education has also done much to further maternity and child health care, to combat cardio-vascular diseases, cancer, alcoholism, accidents, to popularise physical education, rational diet and mode of life.

Naturally, for the most part health education activities conducted by any medical establishment are determined by the type of the establishment and its special tasks.

Health education in the USSR is of state character. Many state establishments, medical in the first place, participate in organizing and conducting these activities. It is planned and subsidized by the state on an ever-increasing scale. At the same time health education in the USSR is one of the civic activities, as trade unions, public organizations and volunteers from among the population participate in this work.

The fundamental feature of health education in the USSR is the obligatory nature of this work for the entire network

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-3-

of medical establishments. This ensues from the very essence of health education as one of the methods of curative and preventive medicine. The head doctors of hospitals, medical and sanitary units in industry, dispensaries, out-patient clinics, sanatoria, etc. plan and organize health education so as to draw into this work all the physicians and para-medical personnel.

Health education of the public is an honourable task and official duty for every physician, feldsher, mid-wife and nurse. They constantly employ person-to-person forms of health education during their interviews with patients and their families. Medical workers devote at least four hours a month of their service time to mass forms of health education, i.e. lectures, talks, classes, schools for mothers, etc. both in medical establishments and in the homes, collective farms, factories and schools. This ensures a wide scope of health propaganda. In fact, millions of lectures and talks on health are annually given in the USSR, the total audience amounting to dozens of millions.

While being part of the whole system of health protection, health education in the USSR is, at the same time, part of the general cultural and educational activities and public education. That is why along with medical establishments various other organizations participate in health education. These are mostly such cultural and educational establishments which have at their disposal the mass means and channels for

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-4-

cultural work, i.e. radio, television, the cinema, numerous palaces and houses of culture, workers' and collective farmers' clubs. The existing regulations make it obligatory, for example, for all cinemas to show health education films regularly and for all radio and TV centres in the Union Republics to put up programmes on health from three to four times a month. Naturally, this work is conducted in close cooperation with the local houses for health education.

The schools make an extremely important contribution to health education and their curricula include health protection problems. At "health lessons" the teacher imparts the junior pupils elementary knowledge on health and inculcates them with health habits. Senior pupils study health problems while learning anatomy and physiology and some other subjects. The school also popularizes health knowledge among the pupils and their parents through films, lectures, etc.

Assisted and supervised by the local houses for health education numerous industrial administrations, food factories, public catering, public utilities and trading enterprises disseminate hygienic knowledge among their workers according to their occupation and jobs. This is done through courses called "the sanitary minimum" for workers in the food industry, sanitary instruction and discussions on occupational hygiene and industrial sanitation as part of vocational training, etc. The trade unions also participate in health propaganda among factory and office workers.

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-5-

The Red Cross and Red Crescent societies are the public organizations which participate most actively in the dissemination of health knowledge among more than the 30 million of their members (1959) and among the general public. A five million strong army of voluntary functionaries of these societies, members of health posts at factories, schools and collective farms, public sanitary inspectors, social insurance functionaries participate in organizing health education activities and, after preliminary training, conduct this work among the population. Wide public participation in health education is one of the principal features of this work in the USSR.

The obligatory participation in health education of the million-strong body of medical workers, the participation in this work of school teachers and numerous volunteers coupled with the regular use of the press, radio, television, health education publications in prints running into millions of copies,--all this creates the proper conditions for mass, nation-wide health education in the USSR.

In order to ensure the mass character of health education, its high scientific and methodological level, and hence its high effectiveness, supervision of health education activities by the Ministries of Public Health of the USSR and Union Republics, local health departments and specialized health education institutions is essential. This supervision makes it possible to put health education on a planned footing thus

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-6-

enhancing its purposefulness as well as material and technical facilities.

General guidance in the field of health education in the country is given by the Ministry of Public Health of the USSR through the Central State Sanitation Inspectorate<sup>x)</sup> which includes Chief Health Education Inspector as a member of its staff. The main duties of the Inspector are: to draw up draft reports on health education problems and plans for the expansion of the network of houses for health education, allocations, and putting out of visual aids and literature. The Inspector is also to supervise the work being done in the provinces, to maintain permanent contacts with central administrations and ministries, and to plan for the training of health educators.

Similar work in the Union and Autonomous republics is directed by corresponding ministries of public health and in regions and cities by public health departments through their inspectors or head doctors of the local houses for health education.

The Central Research Institute for Health Education of the Ministry of Public Health of the USSR is the scientific and methodological centre for health education activities in the entire country. The Institute's work is described in

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-7-

the articles by E.G. Karmanova, Director of the Institute, and professor L.S. Bogolapova.

The Institute maintains direct contacts with all houses (centres) for health education, and renders them all possible assistance.

Houses for health education are the leading organizational and methodological centres for health education in the corresponding locality. The head doctors of these houses are at the same time health education inspectors of the local health departments and, as such, provide daily administrative supervision of health education work carried out by local public health services. Alongside with this, houses for health education are directly engaged in health education of the public.

The network of houses for health education the first of which was opened in 1920 is the most characteristic feature of the organization of health education in the USSR.

The main functions and tasks of these establishments are:

1. Organization of health education of the public in the corresponding locality by:
  - a) using the staff of the local medical establishments;
  - b) using the staff and facilities of the house for health education itself;
  - c) drawing into this work other organizations and to coordinate and supervise their activities in the field of health education.

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-8-

2. Ensuring the appropriate direction, mass character and effectiveness of health education.

In order to carry out these tasks, houses for health education first of all have plans drawn up for the entire range of health education activities covering the territory they serve. The plans are drawn up by the various medical establishments according to their type and the directives given by the house for health education. The directives bear on the subject-matter of the work to be done ensuing from the general and local tasks of health protection, and on the methods of work. Houses for health education render assistance to medical and other local establishments in setting this work going. They control its organization and supply them with lay and professional health education material.

Houses for health education arrange the publication of the above-mentioned materials and posters both in the Russian language and in the languages of the other peoples inhabiting the USSR through local publishing houses. The aggregate print of health education literature and posters runs now into 100 million copies a year.

Houses for health education keep records of all the health education activities conducted in the areas they serve. The main and most important function of houses for health education is their methodological assistance to medical and other workers participating in health education. For this purpose houses for health education have methodological sections the task of which is to prepare methodological

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-9-

materials and to organize their practical utilization, to sponsor courses, seminars, lectures and consultations on health education methods, to review texts of lectures and talks. Methodological guidance is the most important means of improving the contents of health education, its clearness and hence its effectiveness.

As it has been already mentioned houses for health education are engaged in mass health education of the public.

What does this work consist of?

This, in the first place, is the utilization of the most effective and mass means of health education that cannot be used by medical establishments. These include, for instance, public lectures in large halls by prominent local medical scientists, executives of health departments, and experienced doctors. Lecture bureaus comprising very experienced lecturers have been organized at houses for health education. Alongside with sponsoring lectures, Q's-and-A's functions, film lectures and other activities these bureaus are responsible for improving the skill of local doctors-lecturers by organizing an exchange of experience and giving methodological advice.

In bringing health message to the public, houses for health education widely use permanent and travelling exhibitions, posters, popular literature, as well as the local press, factory printed and wall newspapers.

In cooperation with cultural and educational establish-

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-10-

ments, houses for health education plan and organize health propaganda by radio, television, and health education films. They send lecturers to deliver lectures sponsored by local cultural and educational establishments.

Together with sanitary-epidemiological stations and sanitation services of different authorities, houses for health education participate in special courses ("the sanitary minimum") for workers in the food industry, public catering, trading network, utility services and different categories of agricultural workers.

Lectures, Q's-and-A's functions, exhibitions, etc. are all held by houses for health education in the largest local clubs, palaces and houses of culture, recreation parks, in their own and other local lecture halls.

It should be noted that health education in industry, in homes, in schools and other educational institutions is conducted for the most part by local medical and sanitary establishments. This system is based on the principle that health education should be an integral part of medical and prophylactic work of health services and ensures the actuality of health education activities.

In organizing health education of the public houses for health education maintain constant contacts with different local establishments. How are houses for health education organized?

As an example we can take the Leningrad City House for

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-11-

Health Education. It has a staff of about 35, including specialists in health education methods. The house has a lecture bureau with a membership of more than one hundred, including prominent medical scientists and general practitioners. There are two well-equipped lecture halls with a seating capacity of 500 and 120 respectively, each provided with cinema projectors and a stage, and a health museum occupying ten halls. The museum is regularly visited by excursion parties, all necessary explanations being given by doctor-guides. The methodological section with a small exhibition on health education methods occupies two halls. The section has several dozens of files containing methodological aids on different subjects and problems. The house has a large library and a reading room, a number of travelling exhibitions, diverse slides, film-strips, charts, drawings, diagrams, slide and filmstrip projectors, portable film projectors, etc. The house also has a visual aid department which develops samples of posters and exhibits.

The majority of the other houses for health education are on a more modest scale, but their general structure is the same.

The number of houses for health education is steadily increasing. In 1920 there were two of them, in 1940--212 and in 1958--354.

In urban and rural areas where there are no houses for health education, the organization and supervision of health

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-12-

education is the function of the sanitary-epidemiological stations. This ensures qualified guidance of this work straight down to the village and hence promotes the ever-increasing development of health education of agricultural workers. All sanitary-epidemiological stations, with the exception of those in rural districts with a small population, have health education instructors (doctors or para-medical personnel) on their staff. They assist the station's head doctors in organizing health education activities in the neighbourhood.

There are health education offices attached to major hospitals and clinics. These offices attend to all organizational and methodological aspects of health education in all the departments of a hospital or a clinic. Many medical and prophylactic establishments have lecture groups of their own. They include doctors--staff members of these establishments--who deliver popular lectures and talks on health problems. Lecture groups, like lecture bureaus in houses for health education, organize health lectures and talks both in the hospitals and in the communities they cater to. They also take measures to improve the lecturers' skill.

In medical establishments which do not have health education offices, a doctor or a para-medical worker is usually put in charge of health education and conducts the necessary methodological work.

In conclusion, it should be mentioned that the students

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-13-

Medical colleges and para-medical schools are given special training in the theory and practice of health education. They take a lecture course combined with practical work at the nearest house for health education and during their summer field-work they are to deliver popular lectures and talks.

In the USSR there is a system of specialization and advanced training of doctors and para-medical personnel professionally employed in the field of health education. This is described in detail in the article by E.G. Karmanova, Director of the Central Research Institute for Health Education.

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-14-

STRUCTURE AND ACTIVITIES  
OF THE CENTRAL RESEARCH INSTITUTE  
FOR HEALTH EDUCATION OF THE MINISTRY OF PUBLIC HEALTH  
OF THE USSR

By E.G. Karmanova,  
Director of the Institute,  
Member of WHO Expert Advisory Panel  
on Health Education

The Institute was founded in Moscow in 1929.

A special research institution for health education is a vivid testimony of the Soviet Government's concern to put health education in the USSR on a scientific foundation.

The main goals of the Institute are: research in the field of health education, elaboration of scientific methods and forms of health education of various groups of the population with different conditions of life and work, preparation and publication of literature on health education methods, production of visual aids and other health education materials, full methodological assistance to the houses for health education and other medical establishments and organizations engaged in health education, training of health education specialists, and other types of training activities for health education.

The Institute is the scientific and methodological centre of health education work in the country. The results of its research and methodological work are put into practice through

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-1-

the wide network of houses (centres) for health education which are to be found in each of the Union Republics and also in many regions and bigger cities of the Soviet Union. The results of the Institute's work also find application in practical activities of the wide network of sanitary-epidemiological stations.

The Institute consists of the following departments: health education in school and preschool establishments, in medico-prophylactic institutions for children and adults, in sanitary-epidemiological institutions, and in industry; then follow the departments of organizational and methodological assistance to health education establishments, of lecture health propaganda and graphical methods of health education (this department includes the TV and cinema section), of press and broadcasts, of international health education, and the reference-bibliographical department.

The majority of the Institute's research workers have scientific degrees of Master of Medical Sciences and titles of Senior Research Worker. Some of them are working on theses leading to the doctorate degree.

Attached to the Institute are several consultative bodies, to wit: (a) the Learned Council which discusses and approves the themes and plans for research work to be done at the Institute. The Council comprises both the workers of the Institute and representatives of other institutes doing research along similar lines; (b) the Science and Art Council

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-16-

whose duty is to discuss and approve the posters to be put out by the Institute; (c) the Editorial Board where plans for publication of literature on methods of health education and of scientific works of the Institute are considered; (d) the Film Commission the task of which is to approve the scripts and to evaluate, at all stages of their production, health education films produced by film studios on order of the Ministry of Public Health of the USSR; (e) the Graphics Commission which discusses visual aids developed at the Institute.

Attached to the Institute there is also an experimental manufacturing unit which includes a publishing group, exhibition department, visual aids shop, slides and photography shop, book-binding shop, carpenter's shop, etc.

Of primary importance is the methodological assistance rendered by the Institute to the houses of health education, other health protection establishments, educational and cultural institutions.

The Institute prepares and publishes a great amount of literature on organization, methods and subject-matter of health education of the public. In particular, the Institute has published a Guide for Physicians dealing with all the main aspects of health education, text-books on health education for medical students, guides on methods of health education in a city hospital, children's hospital, cresses, kindergartens, general schools, vocational schools, industries,

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-17-

and various cultural and educational establishments. The Institute compiles and publishes special literature which fully covers health education aspects of the most pressing health problems such as prophylaxis of cardio-vascular diseases, infant care and feeding, cancer, alcoholism, etc.

For a number of years the Institute has been turning out the series of pamphlets entitled "The Lecturer's Aid," each installment containing the main bulk of the material for a popular lecture on a definite medical or hygienic topic with the suggestions as to the presentation, and emphasis to suit different audiences.

The Institute puts out annual collections of articles under the heading "In Aid to Health Educator." The articles deal with different aspects of the organization, subject-matter and methods of health education.

Great popularity has been won by the periodically published series entitled "Exchange of Experience." It carries articles written by workers of the houses for health education, hospitals, schools and other institutions in which they analyse their experience in health education, thus contributing to the introduction of the most efficient methods of health education into the practical work of similar institutions.

The research work provides the basis for various material to be used in health education of the public. The Institute turns out annually numerous Lecturer's ONLY folders containing diagrams, charts, drawings, etc. to illustrate.

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-18-

lectures, sets of slides, small exhibits to be displayed in medical and educational and cultural establishments, and other types of visual aids.

It should be pointed out that a large proportion of the visual aids and literature on methods of health education published by the Institute is reproduced on the local level not only in Russian but also in other languages of the peoples of the USSR.

Popular booklets and pamphlets on health are not published by the Institute. This is done by the State Medical Literature Publishing House. Nevertheless the Institute reviews lay publications put out by local houses for health education. This work done by experienced health educators is instrumental in improving the quality of health education literature published in the provinces.

At least 12 health education films are annually released in the USSR. As it has already been mentioned, the Institute through its Film Commission renders great help to film studios in the production of such films. The Film Commission-- which is comprised of the ad hoc leading specialists on a given problem (cardio-vascular diseases, cancer, etc.)-- approves films from the point of view of their conformity to modern science. The Commission also decides whether the material has been correctly presented from the methodological view point.

The Institute provides lectures and talks on health for

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-19-

radio and TV. Many of these radio lectures and talks are broadcast over the central broadcasting system. These materials are also published in booklet form which makes them available for use by the local broadcasting stations.

The Institute is engaged in training and improving the standards of health educators. Two-month refresher courses for health educators are annually held at the Institute in collaboration with the Central Institute for Postgraduate Training of Physicians. Their syllabus is approved by the Ministry of Public Health of the USSR. The staff at the courses are mainly the research workers of the Institute.

Besides the above-mentioned courses the Institute also arranges 10-day courses for specialization and improvement of qualification for health educators. Health educators from the provinces can come to the Institute to be given an individual course of training.

A special two-year intern training programme is arranged at the Institute to train personnel to fill the vacancies of head physicians and health education specialists in bigger houses for health education. There is also a three-year post-graduate course for research workers. During this period the post-graduates study the theory and practice of health education and do some research work for their M.Sc. degree.

Much attention is paid to training practical physicians, para-medical personnel and school teachers in the methods of health education work in their respective spheres. For doctors

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-20-

of various specialties--public health administrators, pediatricians, internists, cancer specialists, school doctors, etc.--seminars and lectures are arranged at the Institute. Adequate aids are published for feldshers and school teachers. Short-term seminars for this contingent are organized by local houses for health education.

Several times a year the Institute sends groups of research workers to various regions and republics of the Soviet Union to arrange there short courses on methods of health education on the most burning health problems. These courses are attended not only by the health educators of a given republic or neighbouring regions, but also by doctors of different specialities, the number of attendants being as many as 100 and more.

The research workers of the Institute regularly visit the Union Republics and different regions to render organizational and methodological help to the houses for health education and sanitary-epidemiological stations. Part of the Institute's scientific sessions and conferences is organized in the provinces. Local health educators, research workers and physicians take an active part in these meetings.

The Institute maintains and constantly expands contacts with foreign organizations active in the field of health education by exchanging diverse publications, visual aids, posters, and other educational material.

The Institute arranged some exhibitions on health protec-

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-21-

tion and health education in the USSR which were shown in a number of foreign countries: India, China, German Democratic Republic, Mongolian People's Republic, Albania, Italy, and others. It also actively participated in the preparation of exhibits contributing to public health sections of the Brussels Exhibition, 1958, and the USSR Exhibition in New York, 1959.

The reference department and the department of international health education of the Institute draw up detailed catalogues of Soviet and foreign health education literature. Foreign articles and books on health education are abstracted and translated, and collections of abstracts and translations introducing the achievements of health education abroad to Soviet health educators are regularly published.

In conclusion it should be pointed out that in its everyday activities the Institute cooperates with numerous research institutions, medical science societies, the Red Cross and Red Crescent Societies, the Society for the Dissemination of Political and Scientific Knowledge and other organizations both in Moscow and in the provinces. Many eminent medical scientists of our country participate in the work of the Institute.

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-22-

## RESEARCH IN HEALTH EDUCATION

### AND ITS PRACTICAL RESULTS

By Professor L.S. Bogolepova,  
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Central Research Institute  
for Health Education,  
Member of WHO Expert Advisory Panel  
on Health Education

The Central Research Institute for Health Education of the Ministry of Public Health of the USSR plays an important part in the organization of health education in the USSR and in scientific and methodological guidance of this work.

As it has been mentioned in the previous article, the research in health education is one of the main tasks of the Institute.

The subjects for the Institute's research are planned in accordance with the health problems essential to the whole country. Some subjects are picked according to vital local health problems.

One of the aims of research is to work out an appropriate programme of health education measures (organization, contents, methods and forms) in the activities of various health institutions: hospitals, maternity homes, crèches, sanitary-epidemiological stations, etc. A programme to combat cardiovascular, pre-cancer and other diseases is also elaborated.

In these studies the most effective means for improving health of the population are worked out with the ultimate



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-23-

aim to prevent diseases, their relapses and complications, to ensure the consultation of a doctor at an earlier possible stage of the disease, and hence early diagnosis. The aim of some of these studies is to work out a rational system of educating particular groups of the population, for instance expectant and nursing mothers on how to feed and take care of infants.

Methods of health education as applied to general and vocational schools, short-term courses for technical training of industrial workers, workers in the food industry and public catering, and to those employed in utility services, etc., also belong in this group of research.

In this research much attention is paid to how inculcate habits of personal and social hygiene in definite groups of the population, especially habits of great importance to preventing general and occupational diseases and traumatism.

The aim of another group of research is to study the influence of certain methods and techniques of health education on improving health habits of various groups of the population. These studies seek to perfect lecture propaganda, application of diverse visual means of health education: posters, films, exhibitions, slides, etc. and to evolve new effective means of health education.

A given programme or individual means of health education are field-tested under the conditions typical of a group of people among whom those means are to be used, to wit: at

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-24-

schools, factories, out-patient clinics, etc.

Initial steps have been made in studying the perception of certain visual aids with the help of laboratory methods (the method of conditioned reflexes, etc.).

The effectiveness of health education can be evaluated for instance from the following: early consultation with a doctor concerning the illness; accurate fulfilment of the physician's advice; observation of the regimen and rational diet by healthy people or by those suffering from TB, ulcer, hypertension and other diseases and constantly followed up by doctors. The observation by mothers of hygienic rules of caring for children, improvements in environmental sanitation of communities, at factories and collective farms can also serve as indications of the effectiveness of health education. In particular, the data of bacteriological study are used for this purpose. For example, bacterial pollution of the output or equipment of some enterprises in the food industry shows that the workers of this enterprise do not fully observe hygienic rules. In some cases the decrease in morbidity and accidents can serve as an indication of the effectiveness of health education.

Research in health education is inseparably linked up with corresponding hygienic and clinical problems.

The results of some studies conducted by the Institute are given below:

after an all-round programme of health education among

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-25-

schoolchildren who had suffered a rheumatic fever attack and among their parents (in the family, out-patient clinic and school), considerable positive changes were registered in the regimen of these children: the number of children taking proper sleep and out-door walks doubled while the number of those going in for hygienic gymnastics and hardening their health increased six-fold (by Dr. L.S. Rybakova, research worker of the Institute, at Children's Hospital No.12, Moscow);

as a result of a continuous health education campaign, the number of expectant mothers regularly coming for a doctor's consultation and of young mothers observing the rules of child care increased (by Dr. A.N. Shybaeva, research worker of the Institute, at Maternity Home No.32, Moscow);

after regular health education the spinners came to strictly observe all the rules of occupational hygiene when operating vacuum equipment. Accordingly the pollution of the air with carbon disulphide in the premises decreased (by Dr. J.B. Tokar, senior research worker of the Institute, at Artificial Fibre Mill, City of Kalinin)..

Child health care has always occupied a prominent place in the research work of the Institute. For instance, on the instructions of the State Sanitation Inspectorate of the USSR the organisation, contents and methods of health education of parents on problems concerning the prevention of children's acute infectious diseases (measles, scarlet fever, diphtheria) were elaborated in 1956 and 1957.

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-26-

After experimental work conducted by the Institute with a view to improve the quality of health education work carried out by pediatricists of the out-patient department of children's hospital No.18, Moscow, medical services for children in 1957 improved considerably as compared to the previous year. This can be seen from the following:

the percentage of parents requesting a doctor's services on the first day of a child's illness increased;

the number of children's acute infectious diseases diagnosed at the out-patient department decreased;

the number of cases when hospitalization was refused decreased.

School health education including the training of teachers in hygiene is an important part of the research work of the Institute.

Much attention is also paid to the elaboration of methods of popularization of knowledge on how to combat cardiovascular, pre-cancer and cancer diseases.

As regards the prophylaxis of cardio-vascular diseases, the elaboration of health education methods is conducted in several directions: (1) education of healthy schoolchildren and especially of their parents on the prevention of rheumatic fever and instructing schoolchildren who have suffered acute attacks of rheumatic fever and their parents on the regimen in the period between attacks; (2) education of the masses, especially middle-aged and old people, on the way they ought

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-27-

to work, rest, and eat so as to prevent atherosclerosis, hypertension, rheumatic heart diseases, coronary insufficiency and its results\* (stenocardia and myocardial infarction); (3) health education of patients suffering from cardio-vascular diseases, and their families on prevention of complications and aggravations of these diseases, and proper regimen of work, rest and diet depending on the course and duration of the ailment.

In the field of cancer education, since the 13th All-Union Congress of Hygienists (1956), ever greater attention has been paid to the dissemination of general hygienic knowledge. The participation of the Institute's research workers in the expeditions of the Institute of Oncology of the USSR Academy of Medical Sciences has made it possible to reveal the peculiarities of the health habits of the population in various geographic areas of the Soviet Union and the customs that contribute to the evolution of pre-cancerous growth. The data thus obtained have helped to work out a programme for public education on cancer.

Some of the research work of the Institute is into the effectiveness of health education visual aids used in medical and prophylactic establishments and at factories.

The results of research are reported to all-Union, republican and inter-regional congresses and conferences.

In 1957, a joint session of the USSR Council for Health Education and of the all-Union conference on health education

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-28-

Methods was held. At the session dedicated to the 40th anniversary of health education in the USSR a group of senior research workers of the Institute presented papers on the history and development of health education in the Soviet Union.

In 1958, an inter-regional seminar for physicians, fieldshers and nurses from 12 neighbouring regions was held at Chelyabinsk, the Urals. In the same year, an itinerant scientific conference of the Institute and an inter-regional seminar for doctors and para-medical personnel from 13 regions were held in Saratov, on the Volga.

In November, 1958, a session of the USSR Council for Health Education was held in Sverdlovsk, the Urals. The participants of the session among whom there were representatives of Economic Councils and factories from a number of regions discussed the role and tasks of health education in the reduction of morbidity and accidents among industrial workers.

The results of the research work of the Institute are used in training medical students in the theory and practice of health education. They are applied at the refresher courses for health educators organised by the Central Institute for Postgraduate Training of Physicians, in lectures on methods of health education delivered at a number of courses and seminars for doctors of other specialities and for teachers, in lessons to health educators. According to the

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-29-

Institute for Health Education to get an individual course of training as well as at itinerant seminars held in other cities.

Methodological aids, instructive-methodological letters and visual aids elaborated on the basis of research work are put out to render methodological assistance to houses for health education.

The Institute studies the experience of foreign countries in health education and different materials received from various countries and from the WHO. Meetings of the Institute's Council for Scientific Information are held every month and the Information Bulletin on Health Education Abroad is published quarterly.

The results of research work in the field of health education in the USSR are regularly sent to the International Union for Health Education of the Public. The corresponding articles, notes and abstracts are published in the International Journal of Health Education and in the Excerpta Medica. Many articles as well as several books written by research workers of the Institute have been translated and published in a number of foreign countries.

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